

Sample 6U Softball Practice Plan Based on 60 Minute Practice

<u># of Groups</u>	<u>Time (minutes)</u>	<u>Location</u>	<u>Drill</u>	<u>Group(names of girls)</u>
1	5	Infield	Base Running: Work on running the bases with correct foot placement on the turns. Stagger girls to start when lead girl hits second. Girls in the line can stretch their arms, legs etc.	
2 or 3	20	Infield	Hitting: Groups of 3. Group 1: Each girl gets 2 minutes to get as many cuts as possible. Switch hitters within group. Switch stations at 6 minutes.	
		Outfield	Group 2: Soft toss hitting, rotate after 2 minutes.	
		Outfield	Group 3: Playing catch, ground balls, fly balls - each 2 minutes long.	
2	20	Infield	1/2 of girls at SS. Group works on fielding a ground ball and throwing back to hitter. 10 minutes and switch	
		Infield	1/2 of girls at second. Group works on fielding balls and throwing to teammate on first. 10 minutes and switch. You can work pop flies into this drill as well.	
1	15	Whole field	Place girls in positions and work on game concepts. Roll ball to each position, initially. Allow each player to have 2 balls then rotate until time is expired.	
<u>Total:</u>	60		<i>Allow girls to grab a drink when they need it.</i>	<i>I suggest having a parent with a whistle or who can whistle, keep the time for you. Blow whistle every 2 minutes and at the rotation of stations time.</i>